

Honey Baked Chicken II

Baked chicken with a sweet and spicy glaze.

Submitted by **Gretchen** |

Prep Time: 15 mins

Cook Time: 1 hr 15 mins

Total Time: 1 hr 30 mins

Servings: 6

Yield: 6 servings

Ingredients

1 (3 pound) whole chicken, cut into pieces

½ cup butter, melted

½ cup honey

¼ cup prepared mustard

1 teaspoon salt

1 teaspoon curry powder

Directions

Step 1

Preheat oven to 350 degrees F (175 degrees C).

Step 2

Place chicken pieces in a shallow baking pan, skin side up. Combine the melted butter or margarine, honey, mustard, salt and curry powder and pour the mixture over the chicken. Bake in the preheated oven for 1 1/4 hours (75 minutes), basting every 15 minutes with pan drippings, until the chicken is nicely browned and tender and the juices run clear.

Nutrition Facts

Per serving: 514 calories; total fat 33g; saturated fat 15g; cholesterol 138mg; sodium 709mg; total carbohydrate 24g; dietary fiber 1g; total sugars 23g; protein 31g; vitamin c 0mg; calcium 29mg; iron 2mg; potassium 308mg